



Science in the Daily Meal

BY
ALBERT BROADBENT
F.S.S., F.R.H.S.

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for preventing
Gout • Rheumatism
Dyspepsia



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SCIENCE
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DAILY MEAL.



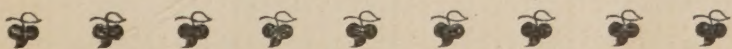
BY
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FIFTH EDITION.

To
Lady Gwendolen Herbert

THIS BOOKLET IS

Dedicated

BY THE AUTHOR

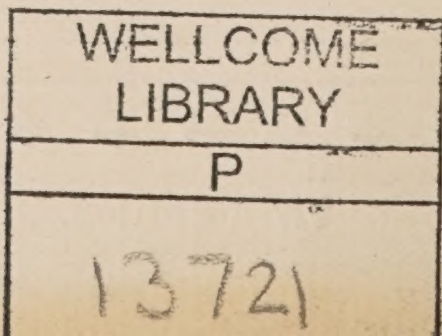
In appreciation of her interest and devotion in promoting
simpler and humaner life



"Not in one point, but in many, this reform will be found to go with the simpler, plainer, less costly and more self-helpful life, towards which, for the good of our souls and bodies, we are slowly advancing—to the beautiful time that is to be.

"Such a change in our dietetic habits would invade all the provinces of life. Luxury, with all its waste and worship of money and low standards of life, would give place to simplicity, and the secure happiness that comes therewith; disordered homes and intellects to sobriety and sanity."

—GWENDOLEN O. HERBERT.



Science in the Daily Meal.



SCIENCE IN THE DAILY MEAL " requires no apology for its existence ; its success has exceeded my hopes for the help it might bring to those in need of the guidance it attempts to supply.

As a layman, I have felt much encouraged by the numerous letters I have received from medical men in praise of the previous editions of this treatise, and of its usefulness.

It was first compiled at the request of friends anxious for a guide to a scientific and correctly balanced dietary. The need for it is now greater than before ; medical men are everywhere demonstrating how important a part food plays in disease, and also the need of a wisely arranged diet for ensuring health. Inquirers are coming to me continually, seeking for information about a dietary free from flesh food, their doctors having recommended them not to use animal food without stating what foods should take its place. Whenever the diet is changed suddenly from one's daily custom and without any guidance, disaster in some form is almost certain to result, and the health to become undermined.

I have been asked by many if I am a doctor. I am not. Neither am I a "quack"; my knowledge of dietetics has been acquired through many years of observation and study. The position I hold as secretary to the leading food reform organization in the world has provided me with exceptional facilities in these directions ; but while I have been able to help

many, I do not receive payment for such assistance.

In this guide book the difficulties of the uninitiated have been, I think, anticipated, scientific terms omitted, and the recipes made as simple as possible; whilst all are free from combinations and substances likely to upset digestion.

Aims.

My object in compiling this book is to assist those who suffer from rheumatism, headache, and stomach troubles, and those who, believing that flesh food is not wholesome, desire guidance to enable them to live aright. It should also prove useful to those people who, because of their intense sympathy with animals, in the sufferings they must necessarily undergo in being prepared for food, feel it to be wrong to derive their bodily nourishment from such a source.

Pure Food—Pure Blood.

That it is needful that attention should be called to the peril which is inseparable from careless habits of feeding, all thoughtful people will, I think, agree. Why are we ill? Why do we suffer from so many loathsome diseases? Mainly because of improper feeding. We eat our diseases. Let us consider, and we shall easily see how this may be. We are what we eat. Our food becomes part of us—skin, flesh, nerve, blood, bone and sinew. Take an egg for instance. Within its shell, waiting for suitable conditions, are substances that go to make feathers, flesh, eyes, beak and feet of a chicken. This is why an egg is described as being a perfect food. When we eat that egg it becomes part of us. It is even so with all our daily food, our spiritual, mental and physical health depends upon the choice we make. If we eat diseased food, the disease becomes part of us; thus, pure food makes pure blood, and it therefore follows that this nutrient, life-giving stream, as

it bathes daily the several organs and tissues of the body, will rebuild them healthily.

Choosing the Middle Course.

It appears to me that when we have found the way to balance the daily wear and tear of the body, to supply it with proper nourishment, not too much or too little, then, I believe, we shall have found the way to health and length of days. "Men do not die : they kill themselves," says the French adage. For want of knowledge we tax every organ in the body, and grow old long before our time. Prove this by your own observation. Look at the glutton and gourmand ; he appears years older than he is, while the frugal man is an equally striking illustration of the value of the simple life. It is in this striking of the "happy medium" that success depends in every phase of life ; it is departure from extremes, and its importance in matters relating to diet cannot be over-estimated. Voices other than my own have been raised with no uncertain sound, pleading for a wiser science to be applied to the daily meal. The great surgeon, Abernethy, had some such thought as this in his mind when he said, that "one-fourth of what we eat keeps us, and the other three-fourths we keep at the peril of our lives." An authority of such standing as Professor Atwater, America's leading food chemist, in a bulletin issued by the United States Department of Agriculture, 1894, says :—"How much harm is done to health by our one-sided and excessive diet no one can say. Physicians tell us that it is very great. Or the vice of over-eating, as practised by the well-to-do classes in England especially, Sir Henry Thompson, a noted English physician and authority on the subject, says :—"I have come to the conclusion that more than half the disease which embitters the middle and latter part of life is due to avoidable errors in diet,

and that more mischief in the form of actual disease, of impaired vigour and of shortened life, accrues to civilised man in England and throughout Europe, from erroneous habits of eating, than from the habitual use of alcoholic drink, considerable as I know that evil to be.’”

A Cause of Cancer.

Dr. R. Williams, of the Middlesex Cancer Hospital, writing in the *Lancet*, said :—“Probably no single factor is more potent in determining the outbreak of cancer in the predisposed than is high feeding. There can be no doubt that the greed for food manifested by modern communities is altogether out of proportion to their present requirements. Many indications point to the gluttonous consumption of meat, which is such a characteristic feature of this age, as likely to be specially harmful in this respect. Statistics show that the consumption of meat has for many years been increasing by leaps and bounds, till it has now reached the amazing total of 131 lbs. per head per year, which is more than what it was half a century ago, when the conditions of life were more compatible with high feeding.

“When excessive quantities of such highly stimulating forms of nutriment are ingested by persons whose cellular metabolism is defective, it seems probable that there may thus be excited in those parts of the body where vital processes are still active such excessive and disorderly cellular proliferation as may eventuate in cancer. No doubt other factors co-operate, and among these I should be especially inclined to name deficient exercise, and probably also deficiency of fresh vegetables.”

In the American *Medical and Surgical Bulletin* the editor observes :—“There is, perhaps, no more deep-seated delusion in the popular mind than the supposition that disease comes in some spontaneous manner,

like the outburst of a volcano. There are more than 1,500 distinct diseases described in our medical books, and with these go thousands of symptoms, but they all spring from a violation of only a few of nature's laws. That this is no theory but an absolute fact has been demonstrated to a mathematical certainty by the extensive researches of such men as Bouchard and Boix in France, and Dr. Haig in London, as well as the painstaking efforts of thousands of scientific men in all parts of the world."

Dr. Alexander Haig, of London, whose valuable researches into dietetics are worthily and continually acknowledged in European and American medical journals, on page 640, in the 4th edition of "*Uric Acid in the Causation of Disease*," * states :—

"Here again in England, do we not die younger and in greater numbers than there is any necessity for? Are we not afflicted with an infinite number of diseases which cause far more pain and misery than is at all necessary? Are we not given to all kinds of debauchery and excess, and have we not huge asylums full of lunatics and prisons full of criminals? I look upon all these things as serious and widespread diseases in the human race, and as I am not one of those who believe that Nature herself, if she had a free hand, would tend to destroy us, but rather to preserve what is good, and eliminate what is evil; and further, I cannot believe that the tendency to these evils is part of the ground plan of Nature's work, or that the unalterable bias to have headache, epilepsy, mental depression, mania, and their results—murder or suicide—alcoholism, morphinism, cocainism, &c., is originally planted in our nerve centres. I am driven to the conclusion that not a few of these evils are the result of unnatural conditions, and that prominent among these is unnatural diet, the evil action of which we

*Churchill & Co., London, 14s. 6d.

are now in a position to follow out more completely through the knowledge of powerful effects of urates on the function and nutrition of the whole body."

In a later publication, "Diet and Food in Relation to Strength and Power of Endurance,"* on page 20 Dr. Haig writes thus:—"That as animal flesh of all kinds contain either uric acid or substances equivalent to it, such as the xanthins, these sources of albumen (proteid) must be ruled out, for the blood cannot be kept properly free from this substance while it is being continually introduced with every mouthful that is swallowed."

These citations will show the reader that there is a good deal of agreement among the members of the medical profession as to the need for reform in food. As such widespread harm results from careless habits of eating, it becomes imperative that those who value good health should learn to form better food habits. The first thing to do is to balance the diet, to make such arrangements that the extremes of too much and too little are avoided. The food must be weighed for a time.

The formula for working out the dietaries to be found on pages 36-43, is that given by Dr. Haig in his book, "Diet and Food." The results of numerous experiments have led Dr. Haig to conclude that if the body weight is multiplied by 3×3 the quantity of grains of proteid required daily is found. For example, suppose the body weight to be 140 lbs.:— $140 \times 3 = 420 \times 3 = 1260$ grains. If the life is active there will be more tissue waste, and the body weight should therefore be multiplied by $3\frac{1}{2} \times 3$ thus:—

$\frac{1}{2})140$ $\underline{3}$ 420 $\underline{70}$	}	490 $\underline{3}$ 1470
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*Churchill, 2s.

This formula for determining the amount of proteid required daily has stood the test of several years of experience. It is possible that there are cases where less is required, but such are few in number. When the requisite amount of proteid is provided the carbohydrates are supplied at the same time.

The Meaning of Proteid.

This word stands for all flesh-forming foods, such as the lean of flesh, white of egg, casein of milk and cheese, gluten in grains, etc., to describe which the words "nitrogenous" and "albumenous" are often used.

The following table shows the number of grains of proteid in *one ounce* of the following foods, it is compiled from Atwater's analysis.

Grains of Proteid in—

1 oz. Prunes	9	1 oz. Apples	4
„ Raisins	9	„ Grapes	9
„ Potatoes	9	„ Carrots and Turnips	4
„ Banana	4	„ Parsnips	4
„ Figs	18	„ Onions	4
„ Dates	9	„ Almonds	95
„ Pearl Barley	36	„ Coconut	22
„ Pot Barley	45	„ „ desiccated	28
„ Rice	36	„ Peanuts	113
„ White Bread	41	„ Peanut Butter	132
„ Wholemeal Bread	41	„ Pine kernels	152
„ Hovis Bread	50	„ Chestnuts dried	45
„ Cake	22	„ Brazil Nuts	77
„ „ sponge	28	„ Walnuts	81
„ Biscuits, water	50	„ Cheese	125
„ „ all kinds,		One breakfast cupful New	
average	45	Milk	130
„ Maize	36	One breakfast cupful But-	
„ Macaroni	58	termilk	130
„ Pearled Wheat	58	One breakfast cupful Skim	
„ Hazel Nuts	68	Milk	130
„ Oatmeal	72	1 oz. Plasmon Powder	
One Egg	100	about	360
		1 oz. Roborat	420

About Weighing Food.

To many people it seems absurd to weigh and portion out food, but this need be done for a few days only, until it becomes easy to find out the right proportions of the different foods for each individual. And why should not this care be exercised with regard to our diet? Science is applied in feeding cattle, especially prize breeds; and are not human beings more important than animals?

The amount of proteid required daily for various body weights in active and sedentary work, is shown in the following table :—

	Light Employment. Grains proteid	Active. Grains proteid	Elderly. Grains proteid
8 stones . . .	1008	1176	1050
9 „ . . .	1134	1323	
10 „ . . .	1260	1470	
11 „ . . .	1386	1617	
12 „ . . .	1512	1764	

See “The Building of the Body” for elaborate Food tables and analyses.

About Dyspepsia.

A well balanced dietary is a great help for avoiding dyspepsia, but dyspeptics cannot hope to be cured until they have learned some simple rules about selecting food, and about its digestion. If the stomach does its work well, and is supplied with proper food, good health is sure to follow.

The dyspeptic needs to learn this fundamental truth, viz., *that food digests food*, or in other words, it is from the daily foods that the digestive fluids are elaborated. When the diet is well balanced the chemistry of digestion is carried on without disturbance and with freedom from discomfort. The food in the dietaries, pages 36-43, are arranged to produce this result.

It will be noticed on referring to the tables and dietaries that no quantities are given for such carbonaceous food as fat, starch, etc., or for mineral.

These food elements are, however, provided for, and if the figures are taken as given, the correct proportion will be secured. Other dietaries may be arranged with the aid of the tables I have given, by those who are fond of experimenting. But the sick and ailing are cautioned against this. I have met with a type of nervous dyspeptic most difficult to help, willing to try anything under the sun, and expecting to be cured immediately. It is to such that this caution applies. Many dyspeptics grow alarmed at the variation of their body weight, which is often caused by perspiring or other elimination of fluid from the body. A decrease in weight need not cause alarm.

To Cure Flatulence.

The recipes in the dietaries are arranged to meet the needs of most cases of dyspepsia. There is scarcely one that will cause flatulence, which trouble is mainly the result of bad food combinations, rapid eating or insufficient cooking. It will be often experienced when food is eaten immediately after some severe mental or physical strain. Fruit eaten with bread and cereals is a common cause of flatulence. I am convinced that dyspeptics should avoid fruit. If abstinence is tried for two or three months the benefits will be realised. Green and root vegetables of all kinds, steamed or baked, are essential in promoting healthful digestion. To eat food when the body is weary will almost always result in flatulence, at least fifteen minutes' rest should be taken before eating. It is most important that all who suffer in this way should not go too long without taking food. An effort should be made to judge the time for this. From my observation it will be four or five hours after the previous meal. This suggestion only needs adopting for its helpfulness to be realised. When suffering from flatulence, breathing deeply through the

nose, and then standing erect and touching the toes with the fingers will almost immediately relieve flatulence. When the body is supplied with the proper amount of proteid, the sinking feeling associated with flatulence is scarcely felt if food is taken at stated times, at the intervals I have named. *Soups* and *porridge* should be avoided, or the substance made thick and mixed with brown bread crumbs and baked until brown in a buttered dish in the oven. Flatulence is in many cases induced by over-eating in early life, resulting in distention or dilation of the stomach. When over-eating has been indulged in for a long time, and breakdown of digestion takes place, the original vigour is never again fully regained, and great care needs to be taken in selecting food. The recuperative power of the human body is really wonderful, and when the blood is made pure through a well-arranged diet, many weaknesses can be overcome: this fact should always be kept in mind, it will inspire hope and a confident spirit.

In some cases of dyspepsia the effect of a properly balanced diet is almost magical. I have known sufferers who have experienced great discomfort for years obtain relief in a few days when they have learned to eat and drink correctly, and observed care in the mastication of food and in not taking liquids while it is in the mouth. Whatever liquid is taken it should not be cold. When porridge is found to disagree it should be tried without milk, and eaten with toast; if it continues to disagree, IT SHOULD BE AVOIDED. Many dyspeptics are better without porridge, especially if their occupation is sedentary.

Slow and painful types of dyspepsia are relieved and cured in time when the diet is of the right kind, and the stomach treated rationally. It is perfectly impossible to be cured immediately: the wrong-doing of years cannot be remedied in a few days.

Rest and Sleep.—*Dyspeptics should rest and sleep as much as possible, great benefits being derived thereby. To lie at full length is the best way to take rest.*

Hard Food and the Teeth.—Hard Food is always very beneficial where digestion is impaired and to eat one or two hard biscuits at each meal is helpful. The V.S. Wholemeal Biscuit is excellent for this purpose, it is prepared at the direction of the writer. This biscuit—or crisp dry toast—is most useful for inducing proper salivation of food, so needful for securing proper digestion, and also for strengthening the teeth. Hard foods exercise the muscles which control the jaws, and thus bring an increased blood supply to the teeth, nourishing and strengthening them.

In his book, “The Stomach,” Dr. Kellogg writes thus:—“Defective teeth, by interfering with the complete and thorough mastication of food, seriously impair the digestion. Many persons suffering from disorders of digestion cannot hope to recover without giving attention to the teeth. If possible, the natural teeth should be preserved by filling when decayed, and by such other measures as any good dentist will recommend. They should be cleansed before and after each meal.” The simplest antiseptic for cleansing the mouth is tincture of myrrh, a few drops in water.

Biliousness and Headache are caused by digestive disturbances resulting from overstrain and consequent nervous exhaustion. The treatment recommended for dyspepsia should be adopted, except in the case of biliousness caused by a chill to the stomach, to avoid which extra clothing should be worn over the trunk of the body in winter, such as woollen undervests. If those who suffer from this depressing trouble will observe they will often find that the attacks occur one or two days after a severe strain or a chill, or a very heavy meal, and also that the heavy meal will

have been taken when very hungry, when it is easy to make the mistake of taking more food than is required. This overloading—or a chill—causes a stoppage in the digestion, the stomach retaining the foul and undigested mass, until it becomes so irritant that it is rejected. The retching causes the bile to be thrown from the duodenum into the stomach, and vomited therefrom. Bilious subjects require to eat very moderately of acid fruits; oranges late at night and with food at breakfast appear to disagree, but apples sometimes help and salads are excellent.

About Constipation.

It is useless to expect to be cured of rheumatism, gout, dyspepsia, or any other ailment, while suffering from constipation.

None can have clean breath or a sweet body while the bowels fail to act properly. When they are acting regularly everyone knows the yielding state of the fæcal matter, but when constipation exists it is hard and bullet like, and much pain is experienced at stool. When the fæcal matter is retained in the lower intestine for a day or days, the poisonous substances are reabsorbed again and again into the blood stream, and cause much disturbance throughout the whole of the nervous system. Some of the most eminent physicians are agreed about the harm produced by constipation, see “Secrets of Longevity,”* by the writer. Someone has said that “illness is a crime”; I would certainly say, “to be constipated is a crime,” because this ailment is so easily cured. Sometimes healthy bowel action can be brought about by fresh fruits or prunes and figs, nuts and wholemeal bread, but in cases of constipation of long standing the entire wheat grain, bruised in some way and thoroughly cooked, never fails to bring about a cure. I cannot praise it too highly.

One cupful of this bruised wheat should be steeped ten or more hours in two cupfuls of cold water, and then cooked in a stoneware jar, in a rather slow oven, four or five hours or longer, or it may be cooked in an iron saucepan the same length of time, a small piece of butter having been previously melted, and the steeped wheat added and cooked slowly, not fiercely or it will not soften or jelly. The wheat must be cooked thoroughly or it will cause constipation; cooked as I have indicated it will be easily digested, and will not irritate. (See Wheatose Advt.)

Enough wheat may be cooked on one day for three, but it should be kept well covered. It may be taken once or twice daily, heated up with milk, or as a milk pudding, or cut in slices and fried in browned butter. Four to six ounces of nuts a day well chewed will often promote healthy bowel action.

Gout and Rheumatism.

These troublesome ailments will be relieved very soon if any of the dietaries I to 10 are used; the foods in them are free from those dangerous substances from which uric acid is thought by some authorities to be derived. A full account of these is to be found in "Gout and Rheumatism," and "Dangers in Food," by the writer. Green vegetables should be eaten at two of the daily meals, steamed, or in the form of salad. Their food salts are distinctly helpful in breaking down uric acid. One green vegetable only should be eaten freely of at what I have called the second meal (with carrots or potatoes), and it will not cause flatulence if steamed. Quantities of vegetables may be minced finely and added to soup. Salads are beneficial, and easily digested when carefully masticated.

In the author's "Fruits, Nuts and Vegetables," special stress is placed on the need for green and succulent vegetables in this or any cold climate. This

conclusion was arrived at from observing that many people with a tendency to skin and blood ailments when avoiding fruit were freer from such conditions—especially eczema. Since that book was first published he has had pleasure and profit from the reading of John Evelyn's quaint old book, "Acetaria, a 'Book of Sallets,'" published about 1680, and Dr. Lahmann's invaluable book, "Rational Hygiene." In both these books the author's conclusions are supported.

Dr. Lahmann in his work, and physiologists also, show most conclusively that the food salts of green vegetables are essential in promoting metabolism. John Evelyn, in his quaint book writes of the "Glorious Author of nature who has given to plants such astonishing properties: such fiery heat in some to warm and cherish; such coolness in others to temper and refresh; such quickening acids to compel the appetite, such vigour to renew and support our natural strength, such ravishing flavour and perfumes to recreate and delight us."

Dr. Lahmann, on page 33 in his invaluable book,* writes:—"The excretion of carbonic acid depends on the sodium carbonate and sodium phosphate contained in the blood. Blood which contains too little soda cannot regulate the gas exchange of the blood and of the tissues; an excessive accumulation of carbonic acid takes place in the body, whilst its excretion is rendered difficult." In numerous tables this author shows what vegetables and fruits contain soda, potash and other food salts.

To this edition a number of salads have been added—see recipes. A useful publication "A Book about Salads," by the writer, price threepence, containing valuable information about salad foods is now to be had.

* Swan, Sonnenschein and Co. 4s. 6d. net.

Rheumatism and Damp Beds.

Those who live correctly have little to fear from damp beds. In this climate beds that are slept in daily are often damp by bedtime. Illness following a night's rest in a damp bed is often induced by *thought* and fear. Doubtless there is some truth in the following taken from an American magazine :—
“I never see a spare bed without wanting to tack on it the following notice—‘*This bed warranted to produce neuralgia, rheumatism, stiff joints, backache, doctors’ bills, and death!*’ When about to visit my friends in the country, the spare bed rises up days before in my imagination, as I remember how cold and grave-like the sheets are. No matter whether it is summer or winter, the bed is like ice, and it sinks down in a way to make one shiver. The sheets are slippery clean, the pillow-slips rustle like shrouds. Ugh? shake me down on the kitchen floor, let me sleep on the hay-mow, on a lounge, stood up in a corner—anywhere but in a spare bed.”

The mattresses of spare beds should be added to other beds in use, and will then be always sufficiently aired. A very good bedding material, made from coconut fibre, is now made into mattresses, and can be had from the Health Food Stores, 257, Deansgate, Manchester.

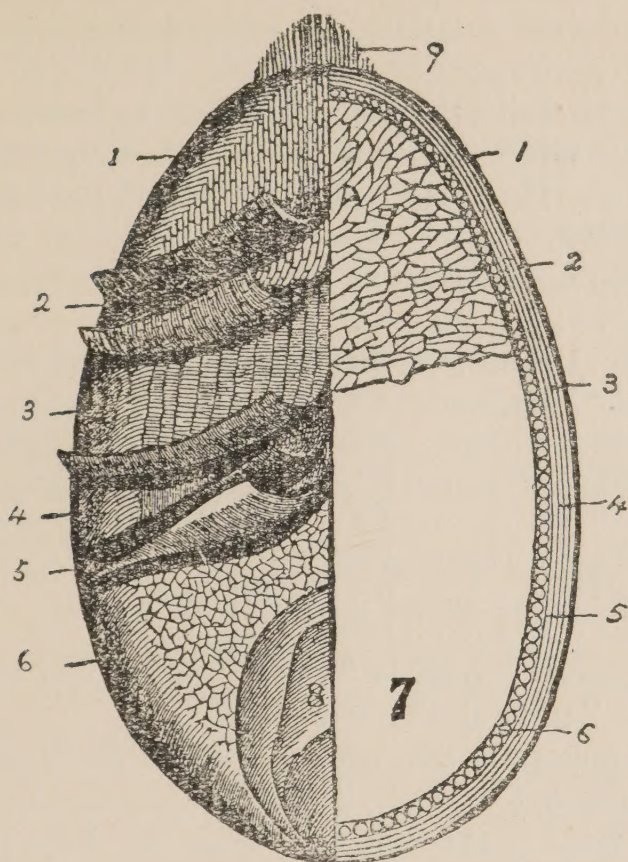
What shall I Drink? The best drink is one most like water. If cocoa, tea, or coffee are used they should be taken weak, or as Dr. Haig says, as flavouring to water; Digestive Tea is best. Other drinks are barley water, bran tea, milk and water, lemonade, and apple tea—made by boiling an apple in water. Taraxo, the root of dandelion, roasted and ground, makes a pleasant drink.

Bladder and Kidney Ailments will be quickly relieved if those dietaries are used in which barley has a place, with green vegetables, salads and potatoes

baked. This also applies to some skin ailments, running sores, pimples and other disfigurements, for which fruit is not helpful.

The Diet of Children.—I am often asked about the best diet for children. The natural food of children is the mother's milk, but when they are weaned wheatmeal bread steeped in hot water and a little milk poured over, eaten morning and evening for some six months is good, with the food prepared for the mid-day meal of the parents. I know some fine strong children reared in this way. When children are fed on plain, simple, unstimulating food, they are less likely to go wrong when temptations to be impure or to form drinking habits are encountered. See the author's "Children, their Health and Food."

Deep Breathing.—To breathe deeply is most helpful whether we are sick or well. Without a sufficient supply of oxygen the carbonaceous part of our food cannot be properly changed. Everyone whose life prevents their indulging frequently in open-air exercise should practise deep breathing at every opportunity when out of doors. Standing or lying down are the best positions for doing this exercise, but it can be done when walking quietly. The mouth should be closed and the abdomen kept in ; the hands may be placed on the hips, thumbs behind, and fingers towards the front of the body if standing. Then take a short breath, which will fill the higher part of the lungs, and take another deep breath and the lower part of the lungs will fill. It is a most valuable and beneficial exercise. The very best times to do this exercise is when lying in bed, say on retiring and just before rising.



The accompanying picture illustrates the structure of the wheat grain, and its beautiful adaptation for so widely used a food as bread.

Nos. 1, 2, 3 and 9 constitute the outer husk and fibrous beard; Nos. 4 and 5 that portion of the wheat in which are found the mineral elements so valuable for nourishing brain, nerves, teeth, and bone; No. 6 the gluten—flesh-forming—portion; No. 7 the starch, carbonaceous—heat-giving; No. 8 the germ of the wheat. If a grain of wheat be split in two the germ is easily found; it is a golden colour, and shaped like its mother grain. It is always taken out in the manufacture of white flour, also a large portion of the gluten. Such a description of the construction of the wheat grain, while it inspires us with wonder,

makes it difficult to understand how such an ill-balanced food substance (as white flour is) can have become such a widely used food. It becomes more difficult to realise this with the following comparisons between whole wheat and white flour, taken from Johnson's "How Crops grow," Orange, Judd & Co., New York.

Wheat has an ash of	17·7	parts.	
White Flour	„	4·1	„
Wheat has		8·2	„ Phosphoric Acid
White Flour.....	2·1	„	„
Wheat has		0·6	„ Lime and 0·6 parts soda
White Flour.....	0·1	„	„ 0·1 „
Wheat has		1·5	Sulphur
White Flour.....	none		
Wheat has		0·5	„ Sulphuric Acid
White Flour.....	none		

Professor Church, in "Food," and "Food Grains of India," gives similar comparisons.

It is important that wheat should be finely ground to be suitable for bread. A very finely ground, entire wheat flour is the "Artox," made by Appleyards, Rotherham, the author heartily recommends it. Also "Shredded Wheat" and "Triscuit," which are wholemeal products.

The bread reckoned for in the dietaries is wholemeal.

Where white bread is preferred, it is well to know that while the proteid value is the same as wholemeal bread, it is deficient in food salts, *i.e.*, phosphates, iron, etc. Wholemeal bread contains one-sixth more of these food salts than white bread. See the author's "Bread, its Relation to Health."

How to Keep Warm.

This is a question I am often asked. To be able to keep warm in cold weather, is to enjoy increased health. The first thing to do, is to bring forward

resistance from within ; we should regard it as a natural thing that we feel the cold. The great point is *not to mind it* ; we should practise saying, "I will not mind the cold," and should think how health-giving and invigorating the cold is. This is the first thing to do towards keeping warm.

We should then see that the body is warmly clad ; to be insufficiently clad is to waste the bodily heat as fast as it is produced.

Those who believe in hardening the body by exposing it to cold unduly, require more food, and thereby lay additional burdens on their digestive apparatus.

Ladies should wear two combinations, cotton or woollen as desired.

Most men, I think, would derive great benefit from wearing two thin woollen vests under the shirt. Other garments should be light, but the waistcoats should be lined (back and front) with rather coarse natural flannel.

Cold Feet.—Two or three pairs of shoes should be in wear, so that a dry pair is always available. Rubbers should be worn in snowy weather.

The same applies to socks and stockings, they should be changed daily, or twice a day, if possible, and placed where they will be thoroughly dry when needed again. Jaegar footgear is most comfortable.

The feet should be steeped in hot water, 104 degrees, twice a week to soften all hard skin underneath. It is also helpful to plunge the feet in hot and cold water alternately ; this is a cure for chilblains, if adopted immediately they begin to be troublesome. Fruit is bad for chilblains. See "How to Keep Warm."

How Many Meals.

In my judgment, three meals a day is the best plan, and in some cases, four light meals.

I know that the "two meals a day" plan by some

is strongly recommended, yet I am certain that where the habit of life is already simple, and the appetite properly controlled, there is no need for its adoption. That astonishing cures have been made by it, is admitted, but I know of not a few equally astonishing cures of digestive and other ailments by the plan I favour.

The size of the stomach too seems to favour small instead of large meals. The quantities of food named in the dietaries in this book, arranged for three or four meals a day, will not unduly dilate the stomach, but I am certain that two heavy meals daily will dilate it. From a considerable experience of dietetic treatment in flatulent dyspepsia I would earnestly caution all who suffer from it against adopting two meals a day.

Purin-Free Foods.

The foods named in the recipes and dietaries in this book are purin-free, *i.e.*, they are free from substances which introduce material into the body from which uric acid may be derived, owing to the metabolic organs being out of gear the purin containing foods, *fish, flesh, fowl, pulse foods and asparagus, are all ruled out of this book.* Though the foods available to sufferers from uric acid ailments are very limited, with the variety here provided, this diet need not prove monotonous. Recovery will be sure and certain. Eggs were at one time tabooed, but experiments have shown them to be free of purin. They should however be eaten when quite fresh. They are not essential for health and strength.

The Influence of Thought on Health.

“Fear, anger, revenge, grief, love, hope, joy, friendship, may all affect physical condition. The efficacy of strong emotion in producing or helping to produce such conditions as diabetes, chorea, and epilepsy is well recognised, and, we venture to say, undoubted.”

WILLIAM DALE in the *Medical Monthly*, 1894.

No amount of care of the body will promote vitality strength of life and length of days while those who suffer from ill-health pay no regard to the dissipation of energy in the mental realm. Nothing more effectually prevents the recovery of health than the continual consciousness of ill-health.

Every seeker after health should be absorbed by the thought *that better health is possible*, and be determined to possess it. Where such a thought dominates anyone it is certain to increase the stock of health. Experiments have been made which show that the slightest expression of thought is accompanied by a measurable increase of the heat of the brain. These experiments also show that the lower or more material the thought the greater the heat production. The display of emotion, *i.e.*, ill-temper, anger or passion, produced more heat than intellectual exercise.

If this be true we realise that fretting, the habitual indulgence of envy, hatred or avarice, tend to the promotion of bodily disease. But it is also true that pure and noble thoughts, the exercise of love and kindness, promote life and health and ensure happiness in a strictly physiological sense.

The cultivation of inner quiet and control frees no heat and excites no friction in the brain. This state of restfulness and confidence should be continually sought after by all who suffer from ill-health. Those who are strong and healthy should assist invalids by giving them strong and encouraging thoughts, and with them, should think of their recovery only. See "Nervousness and its Prevention."

When this condition of inner quiet and repose is difficult to acquire, quiet rhythmical deep breathing should be practised—see deep breathing, page 18. When inhaling, the thought should be cultivated that renewed health is being in-breathed, and when ex-haling, that *ill-health* is being out-breathed.

Savouries.

Sole, without fish.—Boil four ounces ground rice in a pint of milk. Stir until it becomes very thick. Add seasoning and set aside to cool. Then form into the shape of soles and brush over with the white of egg. Fry in good oil. Serve with parsley sauce.
(E. C. CHAPMAN.)

Salmon.—Boil four ounces of macaroni in salted water till tender—thick macaroni is best. While it is cooking blend two ounces of flour with one ounce of butter over a slow fire, next stir in a teacupful of strained tomato. Add seasoning, and stir until the mixture thickens well, then turn it into a bowl. Drain the macaroni when cooked, and mince it, then stir it into the tomato sauce. Stand the mixture aside to cool. When cool form into fritters, dredge with flour and fry in good oil an inch deep. The salmon mixture can be coloured, if desired, with a drop or two of carmine colouring. Serve with parsley sauce.
(E. C. CHAPMAN.)

Cheese Faggots.—Mix two ounces of flour with three ounces of Parmesan cheese; season with half a teaspoonful of salt and a pinch of cayenne pepper. Add sufficient milk to work into a stiff dough. Roll out and cut paste into narrow strips of about four inches long. With the remainder of the paste make some small rings, into which the strips of paste will be slipped when baked, and send to table faggot fashion.

Rarebit.—Grate the cheese or cut into very small pieces, mix with half an ounce of bread crumbs and sufficient milk, cook in a saucepan, to a creamy consistency, and pour over toast.

Cheese Pudding.—Boil half a pint of milk, and add to it three ounces of grated cheese and the same quantity of bread crumbs. Stir all together until it boils, pour it into a basin, season with a small half teaspoonful of white pepper and the same quantity of salt. Place the pudding in a pie dish and bake for twenty minutes or half an hour, in a moderate oven.

Cheese Straws.—Mix together two ounces of grated Parmesan cheese (or plain cheese), two ounces of butter, two ounces of flour, and half a saltspoonful of cayenne pepper. Knead into a stiff paste and roll out to about a quarter of an inch thick. Cut the paste in narrow strips about four inches long, twist them, and lay them on a greased baking sheet. Bake for about ten minutes in a moderate oven.

Forcemeat Pie.—Boil half a pound of tapioca in one pint of water; make some forcemeat balls as below, viz.: one pound of bread crumbs; the whites of three eggs well beaten; a little thyme, parsley, pepper and salt. Mix together with a little milk if necessary, and roll into balls. Put a little butter into an oven tin, let it brown slightly, put in the balls and bake. Put a layer of tapioca at the bottom of a dish, cut the balls in slices,

put a layer of the balls; then another layer of tapioca, and so on until the dish is full. Cover with paste in the ordinary way, and bake.

Semolina Cheese.—Boil two ounces of best semolina in half a pint of milk, stirring it over the fire till well cooked, adding a little more milk if necessary. When partly cooked, add one ounce of butter, two ounces of grated cheese, cayenne pepper, and mustard to taste. Butter a shallow pie-dish, sprinkle bread crumbs over it, place the savoury semolina in it, sprinkle more bread crumbs over, add a few bits of butter, and brown in the oven.

Macaroni Creamed.—Prepare a quarter pound of macaroni—adding a small onion stuck with a clove. Drain it well, taking away the onion. Put it in a saucepan with one ounce of butter, one ounce Parmesan cheese, a pinch of nutmeg, seasoning, a tablespoonful of cream. Heat up five minutes.

Mashed Potatoes.—Boil potatoes dry, beat up with boiling milk, adding a little butter or cream.

Potato Loaf.—Take some mashed potato, season it with pepper, salt, and a dust of powdered mace, and in a baking-dish which can be sent to table form a round-shaped mould. Scatter fine bread-crumbs over, with a few bits of butter on them, and bake in a quick oven till a good brown.

Sauces.

Brown Sauce.—Melt half an ounce of butter in a saucepan, stir in a teaspoonful of flour until the mixture browns, add seasoning, and pour over one small teacupful of boiling water, boil and stir a minute and it is ready.

White Sauce is made the same way, only the flour is simply stirred in and *boiled, not browned*.

Plain Butter Sauce.—Melt half an ounce of butter in a saucepan, stir in a teaspoonful of flour, pour over one small teacupful of boiling water. Add seasoning, stir well, boil up a few minutes.

Creamed Sauce.—Grate one small carrot, cut up finely one small onion, cook ten minutes in a saucepan, with an ounce of butter. Take off fire, and mix in a desertspoonful of flour, and a little finely chopped parsley if desired. Add one teacupful boiling water, stir well, add seasoning, boil ten or fifteen minutes, strain and serve. A delicious sauce.

Sweet Sauce.—Melt half an ounce of butter in a saucepan, stir in a teaspoonful of flour, pour a teacupful of boiling water over, sweeten to taste, boil up a few minutes with pared lemon rind as flavouring, or a few drops of a fruit essence.

Cheese Sauce.—Two ounces cheese, half an ounce of butter, a breakfast cupful of milk, a teaspoonful of flour, quarter of a teaspoonful of salt, a little mustard and pepper, a saltspoonful of bi-carbonate of potash. Melt butter and mix in flour and

seasoning, add cold milk gradually and stir until it boils, then add the cheese, and just before serving, the potash.

To make one Teacupful of Dissolved Roborat or "Cow and Gate" Milk Powder.—Measure a small teacup nearly full of tepid water, put it into a small saucepan, bring to a boil. Put in the teacup one teaspoonful of Roborat or Milk Powder, add water slowly, stirring all the time, until about a quarter full. When the water boils, stir this in, and keep stirring until it has boiled one or two minutes, then it is ready.

Important Note.

The following (17) recipes should be served with cheese sauce poured over, or one of the above sauces made with a teacupful of dissolved Roborat or Milk Powder instead of a teacupful of boiling water :—

Creamed Brussels Sprouts.—Wash half a pound of sprouts and remove dead leaves, steam them and place on a hot dish.

Or after cooking as above, fry in butter and then pour sauce over.

Hot Pot.—Peel and slice two large potatoes and one onion. Place in a pie-dish in layers, add seasoning, and place bits of butter on the top, Bake about one hour. Serve with toast.

Italian Rice.—Cut up very finely a small onion, fry in one ounce of butter to a delicate brown—not burned. Put it into a saucepan with two ounces of rice and half a pint of stock, add seasoning, cook thirty-five minutes and serve.

Lancashire Potatoes.—Cut up two pounds small potatoes and a medium sized onion, place at the bottom of a pie-dish, then a layer of potatoes, then a deserts spoonful of tapioca steeped and sprinkled over. Add the remaining potatoes, placing two ounces of butter in pieces on the top. Add seasoning and fill three parts full of boiling water and bake in the oven.

Macaroni: to Prepare.—Wash and boil in plenty of salted water half an hour. It should be boiled until quite soft, but not pulpy. Drain well and save the water for stock.

Macaroni and Tomato.—A teacupful of a good brand of canned tomato, or two fresh ones, on which pour boiling water over to get the skins off. Then bruise a little to free juice. Heat to boiling point, then add to three ounces of macaroni, prepared as above, also seasoning; stir well, heat up and serve with toast.

Creamed Cauliflower (No. 1).—Steam a small cauliflower, and when done, pour over a small teacupful of sauce.

Creamed Cauliflower (No. 2).—After steaming, dredge with flour, fry in one or two ounces of butter until nicely

browned, pour over a small teacupful of sauce, cover with bread crumbs, bake in the oven in a buttered dish until browned, and serve.

Creamed Carrots (No. 1).—Scrape and wash two carrots, steam until tender, cut into suitable pieces, and pour over one small teacupful of sauce.

Creamed Carrots (No. 2).—After steaming, cut to small pieces, dredge with flour, fry in one ounce of butter.

Creamed Celery.—Cut stalks of celery into pieces about an inch long, cook in enough water to make them tender. Finally, if possible, have water absorbed. Serve with cheese sauce.

Creamed Cucumber.—Peel a small cucumber, cut into pieces one or two inches long. Steam, when tender dredge with flour and fry in one ounce of butter until browned.

Tomato Rice.—Three ounces rice, a fourth of a tin of tomatoes, or two fresh ones, one small onion, an ounce of butter, one bay leaf, three cloves. Slice and fry the onion in the butter till brown. Take it out and put in the dry rice. Stir it in the butter until every grain is a golden brown. Cook the tomatoes in another saucepan in half a pint of barley water or other stock, with the fried onion, bay leaves, cloves and seasoning. When tender, strain and add the rice, cook slowly until nicely swelled. Heat up, then pile on a hot dish.

Tomato Rice.—Plain boil the rice, place a large tomato in boiling water a minute, take off skin. Break up, mix with the rice, add seasoning, heat up for a minute and serve.

Creamed Vegetable Marrow.—Peel and cut into chunks a piece of vegetable marrow. Steam it well until tender. Place in a small saucepan, with half, or one ounce butter, dredge well with flour, and fry until nicely browned.

Creamed Spinach.—Wash, blanch, and chop up finely one pound of spinach. Put in a saucepan, dredge with flour, add seasoning, and one small teacupful of sauce. Heat up a few minutes, and serve with small pieces of toast.

Sweets.

Ginger Pudding.—Two ounces flour, two ounces of golden syrup, a quarter teaspoonful of ginger, a little baking powder, one ounce of butter. To be mixed with milk to the consistency of batter. Steam three hours.

Rice Custard.—One ounce ground rice, three small teacupfuls milk, add two ounces sugar, one ounce grated coconut, and two ounces sweet cream. Mix, and bake in a slow oven.

Raisin Roll.—Make a light paste, roll it out thinly; put a layer of stoned raisins on it, sprinkle over a little sugar, roll up, tie in a floured cloth, and steam for two hours.

Wheatmeal Pudding.—Take three ounces bread crumbs, an ounce of sugar, an ounce of treacle, a little lemon rind, mix with the milk, and steam in a bowl three hours.

Oatmeal Pudding.—Steep half a pint of best fine oatmeal in water over night; pour over it one pint of boiling milk flavoured with lemon rind, add a little sugar, and place in a well-buttered basin just large enough to hold it. Steam for two hours, and serve with whipped cream, or sweet cornflour sauce, flavoured with lemon juice.

Baked Apple Dessert.—Bake good, tart apples; when done, sweeten and flavour with grated pineapple or grated orange or lemon rind. Put in a glass dish, and cover with a cornflour custard. Bits of jelly may be scattered over the top.

Coconut Pudding.—Take three ounces bread crumbs and coconut, desiccated, add an ounce of sugar, and a portion of the outer rind of lemon pared very thinly, mix with the milk. Steam in a bowl three hours.

Apple Cream.—One cup of granulated sugar, one cup of thick sweet cream, beat till smooth; then beat the whites of two eggs and add them. From seven or more nice apples take off a thin peeling and take out the core; then steam them till tender; put the beaten cream over the apples when cold in sauce plates.

Fig Pudding.—Put three ounces crumbs in a basin, add figs cut into small pieces, a little sugar, a little lemon rind, mix with the milk, and a little water if need be. Mix well, pour in buttered basin, steam three hours.

Baked Apple Dumplings.—Pare some large good baking apples, and cut out the core, leaving the apple whole. Fill the space thus made with a little butter, cinnamon and sugar. Enclose in a paste and put in a shallow pan with a little butter, sugar and water. Bake in a hot oven.

Rice Snow.—Four tablespoonfuls of ground rice; one pint of water; two tablespoonfuls of butter; two tablespoonfuls of sugar; the juice of one lemon; one pint of boiling milk. Put the rice to cook in the water, stirring well, about fifteen minutes; add the butter, sugar, juice and hot milk. Stir well and let the whole boil until thick, then pour it into a dish.

Apple Tapioca Pudding.—Pick and wash one cupful of tapioca, then steep over night. Drain, cover with one quart of boiling water, and half a teaspoonful of salt and cook in a double boiler until transparent, which will take fully two hours. Add one cupful of sugar and the strained juice of one lemon, and take from the fire. Core eight large tart apples, arrange them in a baking pan, and pour over them the tapioca. Bake in a moderate oven until the apples are quite tender and serve cold with sugar and cream.

Rustic Pudding.—Pour one pint of nearly boiling milk on to three ounces of bread crumbs and let it cool. Add the beaten

white of an egg to the milk and bread, also the grated rind of half a lemon. Sweeten to taste. Spread a layer of sliced apples on the bottom of a buttered pie-dish, and then pour the mixture gently over it. Bake for half an hour in a moderate oven. Serve hot, with sifted sugar scattered over.

Date Pudding.—Take half a pound of stoned dates, cut each in half, and mix with a quarter of a pound of bread crumbs, ditto flour, into which two ounces butter has been rubbed. Whip the whites of two eggs till very light, using enough milk to make a batter. Place in a greased mould, and boil for two and a half or three hours. Turn out to serve, and pour a sweet lemon sauce round the pudding.

Tea and Luncheon Recipes.

Nursery Cake.—Mix well one pound of flour, one and a half teaspoonfuls of baking powder, and a pinch of salt. Rub in thoroughly four ounces of butter, ditto sugar, and the grated rind of an orange. Chop and stone half a pound of raisins, and add to the above. Mix into a light dough, with half a pint of milk. Divide into two portions, and bake for thirty minutes.

Dora Cake.—Beat together three ounces of butter, with the same quantity of sugar. Add to it a gill of sour milk, to which is added a teaspoonful of baking powder. Weigh half a pound of flour, add to it half a teaspoonful of cinnamon, and three ounces of fruit. Sift this carefully into the butter and milk and beat well. Place in a shallow tin and bake for an hour.

Walnut Cake.—Necessary ingredients: two and a half ounces of flour, four ounces of castor sugar, ditto butter, and walnuts, half a teaspoonful of baking powder, and a few drops of vanilla essence. Beat the butter and sugar to a cream, then add the sifted and dried flour, in which the baking powder has been well mixed. Grate the walnuts and add to the flour, etc. Take the whites of four eggs, whip to a very stiff froth, and beat lightly into the batter. Pour into a buttered pie-dish, and bake for an hour in a moderate oven.

Coconut Drops.—Half a pound desiccated coconut, half a pound flour, mixed with half a teaspoonful baking powder, three ounces of butter, four ounces sugar, a pinch of salt. Cream the butter and sugar, add the whites of three eggs well beaten. Mix into very stiff dough, adding a little milk and water, if needed. Drop on to a buttered cake tin.

Cheese Biscuits.—Rub one and a half ounces of butter in four ounces of flour, add three ounces each of grated cheese and semolina, half a teaspoonful of salt and a pinch of cayenne. Mix with cold water into a stiff paste, roll well and bake.

Gingerbread.—Mix to a stiff batter, half a cup sour cream, the whites of two eggs, one cup golden syrup, three cups of flour, one teaspoonful of carbonate of soda, two teaspoonfuls of

ginger, and a little salt. Bake in a buttered tin two hours. Raisins may be added.

Roasted Almonds.—Place blanched almonds on tins, and set in a moderately hot oven until nicely browned.

Jelly.—Soak half an ounce of Agar-agar five minutes in sufficient cold water to cover it. Drain and put the Agar into an enamel or brass saucepan with a quart of water. Bring to a boil and boil slowly, until dissolved; then add sugar to taste, also colouring—saffron colour for lemon jelly. Then allow it to boil slowly twenty minutes. If there be any difficulty in clearing, throw in some egg shells while the liquid is boiling. Skim and strain through fine muslin. Lastly, add flavouring and sufficient boiling water to make one quart of jelly. Pour into a mould and stand in a cool place. (E. C. CHAPMAN.)

Lemon or Orange Jelly.—One and a half ounce of Patent Cornflour, six ounces loaf sugar, two lemons or oranges, a pint water, white of one egg. Rub the zest of the lemon with lumps of sugar. Beat up white of egg. Blend the cornflour with a little water, then put the rest of the water, the egg, sugar, the zest and juice of the lemons into a saucepan, add cornflour and stir until it boils. Boil eight minutes, stirring all the time. Then pour into a mould rinsed with cold water. When set turn out, and serve.—*Adapted from Brown and Polson's Cookery.*

Bran Jelly.—One breakfast cupful bran, two breakfast cupfuls of water, place in a covered jar in a slow oven four or five hours. Press all liquid through a sieve, add sugar, lemon juice, and stand over night in cool place to jelly. A delicious and invaluable nerve and brain food.

Orange Jelly.—One pound bitter oranges, two sweet oranges, two apples, one lemon. Wipe fruit, cut into pieces, put into preserving pan, well covered with water; boil one and a half hours, then strain and measure the juice. Allow two pounds sugar to three pints of juice, boil until it jellies. For the above quantity it will take about four and a half pounds of sugar.

Oat Cakes.—One pound oatmeal with a little salt and butter, melt the butter in a breakfast cupful of hot water, stir into the meal, knead a little, roll into cakes and bake.

Wholemeal Bread.—Put into a pan seven pounds of wheatmeal. Add to a quart of warm water one ounce of German yeast. Make a hole in the meal, pour in the water and the yeast, stir well with a spoon till it forms a stiffish batter; throw a little meal over, place before the fire for about an hour, when it will have risen and burst through the covering of meal. Then add more warm water and two teaspoonfuls of salt, until it forms when kneaded a nice light dough. It cannot be too much worked. Then let it remain covered with a cloth before the fire for another hour. The time, as well as the quantity of water required, depends on the quality of the meal. Finish by baking

in a moderately hot oven for about an hour. *Four ounces butter added to the flour makes the bread short and crisp when toasted.*

Wholemeal Fruit Loaf (Honourable Mrs. F. J. Bruce).—One pound wholemeal, two ounces of butter, half-pound sultanas and currants mixed, five ounces moist brown sugar, two teaspoonfuls baking powder, half teaspoonful mixed spice. Mix the flour and baking powder, then add sugar and spice. Next soften the butter and beat to a cream, next add the fruit, well cleaned of course. Mix with these ingredients half a breakfast cup of cold water, stir well, and if very stiff add a little more water. Flour it well and bake in an enamel dish, in a moderate oven, about an hour and a quarter.

Plain Wheatmeal Biscuits.—Make a porridge or mush of wholemeal, cook twenty to thirty minutes, allow it to cool, then mix with wholemeal flour to a stiff dough and roll three quarters of an inch thick. Cut into shape and bake.

Wheatmeal Rolls.—Prepare mush as above, mix with wholemeal flour and shape into rolls and bake.

Sultanas, currants or grated nuts may be mixed with above recipes.

Milk Preparations.

Hot Milk.—Heat skimmed milk in a double boiler until a wrinkled skin appears on it. Milk should always be sipped slowly.

Cottage Cheese.—Add to four quarts of milk one cupful of lemon juice, lay aside until coagulated, then heat slowly, only until the curd is entirely separated from the whey. Then turn the whole into a colander lined with a square of cheese cloth and drain off the whey. Add to the curd a little salt and cream, if desired, and shape with a spoon or the hands for the table.

Buttermilk Cheese.—Place a jar of fresh buttermilk in a kettle of boiling water—the water must be even with the milk in the pail. Heat until the milk is 140°—test with thermometer, then empty into muslin bags and hang up to drain overnight.

Sour Milk Cheese.—Take freshly soured milk and place in a kettle of boiling water until the whey separates from the curd. Scald well but do not allow it to boil. Pour into cheese cloth and drain. When well drained place in a dish and beat it well with a silver fork, season as desired and shape.

Devonshire Cream.—When the milk is brought in set it to cool in a large earthenware pan about eight inches deep for either twelve or twenty-four hours. Then place the pan just as it is into another containing hot water or upon a hot slab for about twenty minutes and then put away to cool. Clotted cream is very good with stewed fruit and strawberries, and is liked by some people with bread.

How to make Milk Palatable and Digestible.—Warm a pint of milk gently. Drop into it very slowly, stirring constantly, about twenty drops of diluted hydrochloric acid. The milk should be stirred until it cools, when a very fine flocculent coagulum is produced, floating in the whey, which is easily accessible to the digestive secretions, while the whole fluid has lost somewhat of the flat and cloying taste which makes it unacceptable to so many. It will be noticed that milk prepared in this way differs from the various “wheys” in the highly important particular that the casein is retained and used, instead of being separated out as a distinct product, while it avoids the bitterness of pancreatinized milk.—ROBERT T. EDES, M.D., in *Bost. Med. and Surg. Jour.*

Mock Cream.—Heat a pint of new milk in a double boiler. When it boils, stir in two tablespoonfuls of sugar and two tablespoonfuls of cornflour, which have been previously rubbed smooth in a very little cold milk. Bring to a boil, stirring constantly; then pour the hot mixture, a little at a time—stirring thoroughly all the while—over the well-beaten white of an egg. Return to the fire and boil it until it thickens to the consistence of cream.

Salads.

Every kind of “sallet” should have all decayed leaves removed and be carefully washed, and after standing in salted water fifteen minutes to free it from any insects, it should be washed in fresh water and drained. “Sallet” bought at shops, celery, cresses, lettuce, etc., should be allowed to stand in fresh water about twelve hours.

Tomatoes may be added to the following salads at pleasure.

Artichoke Salad.—Boil some small artichokes, and leave them to cool. When cool, drop into the middle of each one drop of onion juice; cut into suitable pieces and place on lettuce leaves inside a salad bowl. Pour salad dressing over them.

Cauliflower Salad.—Boil or steam a cauliflower, and put it into cold water. When cold, break it into pieces and dry on a napkin. Add two shalots and parsely finely chopped. Place in a salad bowl and pour dressing over.

Celery Salad.—Cut the tender parts of two heads of celery into small pieces. Rub the salad bowl with shalot; put in the celery, garnish with hard boiled eggs, and serve with a dressing.

Cabbage Salad.—Shred finely the tender part of a white cabbage, place in a salad bowl with sliced tomato and hard boiled egg. Serve with a dressing.

Endive Salad.—Wash the inside leaves of two heads of endive, dry them and place in a salad bowl with finely chopped shalot. Pour dressing over.

Italian Salad.—After cooking one carrot and one turnip in soup, slice them. When cold, mix with two boiled potatoes and one beetroot, also sliced. Add a very little onion, and pour dressing over.

Lettuce Salad.—Prepare the tender leaves of a lettuce and stand them in cold water. Dry them and place in a salad bowl. Pour over salad dressing containing olive oil.

Tomato Salad.—Scald tomatoes in boiling water for a minute, cool, peel, and cut them into thin slices, and put them into a bowl with a few lettuce leaves, and pour dressing over.

Watercress Salad.—Wash three or four bunches of watercress and drain. Slice four cold boiled potatoes. Mix and place in a bowl. Pour dressing over.

Nasturtium Salad.—Shred a lettuce finely; mingle with it a quantity of nasturtium leaves and a hard-boiled egg. Place in a salad bowl and dot with nasturtium flowers. Serve with dressing.

Winter Salads

(BY DR. BONUS).

No. 1.—Cut celery finely or lengthwise into shavings, add some carefully picked watercress, failing this, corn cress or small cress, all to be cross-cut and forked into a tangle of green and silver. Dressed sparingly with powdered loaf sugar.

No. 2.—Shave finely the white heart of a savoy cabbage and toss up with window-grown rape mustard or small cress, and dress with oil, lemon juice and sugar; lemon rind having first been grated over. Fragrant and delicious.

No. 3.—Slice finely either salsify, carrot, parsnip, scorzonera, or a mixture of any of them, par-boiled and cooled. Dress with the broth of their boiling and lemon juice. Sprinkle with capers and olives, the latter being stoned. Garnish with tufts of parsley.

Hot Winter Salad.—Take the heart of a savoy cabbage, slice very finely. Place in a covered pan with butter and a little chili or white wine vinegar; toss carefully till well heated through, but not long enough to blunt its crispness. Then place it into a bowl, pour the liquid over, add a dressing of sugar, grated lemon peel, and vinegar.

Salad Dressings.

No. 1.—Fresh Cream Dressing.—Take a teaspoonful of made mustard, two tablespoonfuls of salad oil, and work well together. Add a teaspoonful of powdered sugar, a gill of good cream, and (slowly) two tablespoonfuls of white wine vinegar, or lemon juice, add seasoning.

No. 2.—Three tablespoonfuls of lemon juice, two of sugar, half a cup of whipped cream, thoroughly beaten.

Fruit Salads.

Banana and Orange Salad.—Slice four bananas, remove the white rind from two oranges and cut them into thin slices. Mix and sprinkle with sugar. Finally place a layer of finely-ground coconut over and serve with whipped cream.

Banana Salad.—Peel and cut four bananas into suitable pieces and place in a glass bowl. Sprinkle over a very little grated lemon rind and the juice of half a lemon. Then sprinkle over one half cupful of fine sugar and the juice of two oranges. Set aside in a cool place before serving.

Orange Salad.—Peel four oranges and remove as much of the white pith as possible. Cut into thin slices and place in a glass bowl. Sprinkle sugar and coconut over and serve. This salad should be eaten at the one meal as it is apt to go bitter.

To Stew dried Figs, Prunes, Raisins, Apricots, etc.—Wash them quickly, then stand in cold water twenty-four hours, then stew them in an earthenware dish, or in a saucepan, gently, two or three hours.

* * *

SOME IMPORTANT HINTS.

Simplicity of Recipes.—The recipes, though plain and simple, will be found appetising, if carefully prepared. There will be no lack of appetite to enjoy them if the rules in this book are adopted. The baked dishes should not be served in a soft condition. If they are soft, less milk should be used in mixing. This caution applies to savouries and puddings.

The method for preparing the simple recipes supplied with the dietaries would be the same for increased quantities, and the time stated for cooking must not be lessened.

Where a meal is prepared for two or more persons, the quantities in accordance with their several weights may be put together. The server would then use judgment in portioning out to each individual the required amount.

Salad and Fruit eaten together upset the *digestion*. Fruit, except banana, is left out of the dietaries, it should be eaten late in the day, an hour or so before the third meal.

The first meal of the day should be very simple as it greatly favours tranquil digestion.

The “Cow and Gate” dried milk will be found very useful for adding to sauces, it is most nutritious.

The author recommends the reader to get Mr. A. W. Duncan’s “Chemistry of Food,” price 4d., from the Health Food Stores, Deansgate, Manchester. It is a helpful and valuable publication.

Dietaries.—This edition contains fewer dietaries than the early editions, the author having thought it better to use the space for recipes, which he hopes will be found helpful. With the dietaries and table of food values it will be quite easy to compile others.

Canned Fruits.—Pineapples or apricots if of a good brand are thoroughly wholesome (they should be emptied from the can at once), and are greatly improved in flavour if they are placed in a saucepan and heated to boiling point.

Cheese is considered by many to disagree; it will not however disagree if it be grated and mingled with bread crumbs, or grated and eaten with stewed fruit.

Green Vegetables are best steamed, and may be taken at either the second or third meal. Or cook in a little water until the water is absorbed; water-cress, celery, onions and leeks should be cooked in this way, not boiled or steamed.

Nuts.—Peanuts and hazelnuts are easily denuded of their skin by being placed in the oven for a little while, and rubbed between the hands. Almonds are blanched in hot water. They are much improved if roasted a golden brown.

By cupful and half cupful, a breakfast cup is meant.

The bread in the dietaries is buttered.

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—*The Scotsman.*

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DIETARY NO. I.

FIRST MEAL.

Grains Proteid per oz.					8st.	9st.	10st.	11st.	12st.	Elderly.
					ozs.	ozs.	ozs.	ozs.	ozs.	
41	...	Bread	...	...	5	5	5	7	8	Same as 8st., adding 1 oz. bread.
95	...	Grated Almonds			1	1½	1½	1½	1½	

SECOND MEAL.

Creamed Macaroni.

58	...	Macaroni	...	...	2	2½	2½	2½	3
9	...	Potatoes	...	...	4	6	6	8	8
125	...	Grated Cheese	...		1	1	1½	1½	1½

Rice Pudding.

36	...	Rice	...	...	1	1	1	1	1
One cup milk (130 grains proteid).									

THIRD MEAL.

4	...	Salad	6 oz.						
41	...	Bread	...	...	4	5	6	7	8
81	...	Grated Walnuts	...		1	1	1	1	1
22	...	Cake	...	...	2	3	3	3	3

For active life add :

Second meal, Cheese ... ¼ ¼ ½ ¾ ¾

Third meal, one large cup hot milk (130 grains proteid).

CREAMED MACARONI WITH CHEESE SAUCE.—Take the cheese, grated, half an ounce of butter, a tablespoonful of milk, a teaspoonful of flour, quarter of a teaspoonful of salt, a little mustard and pepper, a saltspoonful of bicarbonate of potash. Melt butter and mix in flour and seasoning, add cold milk gradually and stir until it boils, then add the cheese, and just before serving, the potash.

GRATED ALMONDS.—These may be eaten with bread and butter, or baked until brown in the oven. Next place them in a small saucepan, add boiling water to cover them, and seasoning if desired, boil 2 or 3 minutes, eat with bread or dry toast.

Walnuts, Barcelona kernels or Brazil nuts can all be cooked in this simple way.

Just Published. "Secrets of Longevity." One Penny.
By A. Broadbent.

DIETARY NO. 2.—UNCOOKED.

FIRST MEAL.

Grains Proteid per oz.		8st. ozs.	9st. ozs.	10st. ozs.	11st. ozs.	12st. ozs.	Elderly.
41 ...	Bread ...	4	4	5	6	7	Same as 8st.,
95 ...	Almonds, grated	1½	2	2	2	2	adding
	One large cupful milk (130 grains).						1 oz. bread.

SECOND MEAL.

125 ...	Cheese, grated ...	1	1½	1½	2	2	
41 ...	Bread ...	4	4	5	5	6	
	One Banana						
	Small cupful Milk (65 grains).						

THIRD MEAL.

41 ...	Bread ...	4	5	5	6	7	
4 ...	Salad, 6oz.						
22 ...	Fruit Cake,...	2	2	3	3	3	
For active life add :							
	Second meal, Cheese ...	1	1	1	1½	1½	
	Third meal, Bread ...	1	1	1	2	2	

Grape-Nuts can be substituted for almonds or other nuts at the first meal, 1 oz. contains 68 grains proteid.

The F.R. Nut Food can be used for uncooked meals, it is an excellent preparation and made from pine kernels. Protose can also be used, also one of Mapleton's Nut Meats.

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6-lbs. for 2s. carriage paid.

Send for descriptive leaflet.

DIETARY No. 3.

FIRST MEAL.

Grains Proteid per oz.			8st. 9st. 10st. 11st. 12st.					
			ozs.	ozs.	ozs.	ozs.	ozs.	
41	...	Bread and Butter	5	5	6	7	8	Elderley Same as 8st., adding 1 oz. bread.
65	...	Barcelona Kernels						
		(grated) ...	...	1	1½	2	1½	2

SECOND MEAL.

Macaroni and Cheese.

125	...	Cheese	...	1½	1½	1½	1½	2
58	...	Macaroni	...	1½	2	2	3	3
9	...	Potatoes	...	4	6	6	6	6

Rice Pudding.

36	...	Rice	...	1	1	1	1	1
		One Cup Milk (130 grains).						

THIRD MEAL.

41	...	Bread	...	5	6	7	7	8
		With Salad, 6 to 8 ozs.						

22	...	Plain Cake	...	2	2	3	3	3
----	-----	------------	-----	---	---	---	---	---

For active life add : first meal, one cup hot milk.

Second meal, cheese ... ¼ ¼ ½ ¾ ¾

MACARONI AND CHEESE.—Boil the macaroni three-quarters of an hour; drain it, butter a dish, place alternate layers of the macaroni and thinly-sliced or grated cheese, then a few pieces of butter and some bread crumbs on the top, add seasoning and bake until nicely browned.

RICE PUDDING.—Make in the ordinary way. If the rice is first cooked in water, the milk added and the dish returned to the oven for about twenty minutes, the pudding will be more easily digested. Cooking milk for hours hardens the proteid.

BARLEY PUDDING.—Same method as rice pudding, but simmering the barley in water for some hours before adding milk.

DIETARY No. 4.

FIRST MEAL.

Grains
Proteid
per oz.8st. 9st. 10st. 11st. 12st.
ozs. ozs. ozs. ozs. ozs.Elderly
Same as 8st.,
adding
1 oz. bread.

Walnuts 10z.

41 ...	Bread, toasted crisp	5	5	7	8	9	
81 ...	Walnuts ...	1	1	1	1½	1½	

SECOND MEAL.

Italian Rice.

One egg, minced (100 grains).

36 ...	Rice ...	2	2	2	2	2	
9 ...	Potatoes ...	4	5	6	6	8	
41 ...	Bread, toasted crisp	2	4	4	4	5	

THIRD MEAL.

41 ...	Bread, toasted crisp	5	6	7	8	9	
100 ...	Cheese Straws ...	2	2	2	2	2	
	½ Cup Milk (65 grains).						

For active life add :

Second meal, Bread ...	1	1	1	1	1
Third meal, Bread ...	1	1	1	1	1
Third meal, Cheese Straws	1	1	1	1	1

ITALIAN RICE.—Cut up very finely a small onion, fry in one ounce of butter to a delicate brown—not burned. Put it into a saucepan with the ounces of rice and half a pint of stock or water, add seasoning, cook thirty-five minutes and serve with a hard boiled egg minced.

CHEESE STRAWS.—See No. 5 Dietary.

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DIETARY No. 5.—UNCOOKED.

FIRST MEAL.

Grains Proteid per oz.		8st. 9st. 10st. 11st. 12st.					Elderly
		02s.	02s.	02s.	02s.	02s.	
41 ...	Bread and Butter	4	5	5	7	7	Same as 8st., adding
	$\frac{1}{2}$ Cup Milk (65 grains)						1 oz. bread.
	1 or 2 Bananas—Creamed.						

SECOND MEAL.

	Salad ...	...	...	6	6	6	6	6
41 ...	Bread ...	...	...	4	5	6	7	8
95 ...	Almonds ...	...	...	1	1	$1\frac{1}{2}$	$1\frac{1}{2}$	$1\frac{1}{2}$

THIRD MEAL.

41 ...	Bread and Butter	4	5	6	6	8
100 ...	Cheese Straws ...	2	2	2	2	2
	$\frac{1}{2}$ Cup Milk (65 grains).					
	Plain Cake...	...	2	3	3	4

For active life add:

First meal, one Egg.

Second meal, Bread 1 1 1 1 1

Third meal, Bread 1 1 1 1 1

CHEESE STRAWS.—Mix together two ounces grated Parmesan cheese (or plain cheese), one ounce of butter, two ounces of flour, and half a saltspoonful of cayenne pepper. Knead into a stiff paste and roll out to about a quarter of an inch thick. Cut the paste in narrow strips about four inches long, twist them, and lay them on a greased baking sheet. Bake for about ten minutes in a moderate oven.

CREAMED BANANA.—Take a banana, heat gently, mash with a fork, add a little cream if desired, and spread it over buttered toast.

“Shredded Wheat” or “Granose” Biscuits can be used in place of bread. One ounce contains 54 grains proteid.

DIETARY No. 6.

FIRST MEAL.

Grains
Proteid
per oz.8st. 9st. 10st. 11st. 12st.
ozs. ozs. ozs. ozs. ozs.

Elderly

Celery on Toast

Same as 8st.

41 ... Bread ... 5 5 7 8 8 adding
1 oz. bread.

152 ... Pine Kernels ... 1 1 1 1½ 1½

SECOND MEAL.

Tomato Rice.

36 ... Rice ... 2 2½ 2½ 2½ 3

9 ... Potatoes ... 4 6 6 7 8

125 ... Cheese ... 1½ 1½ 2 2 2

Ginger Pudding.

41 ... Bread Crumbs ... 3 3 3 3 3

THIRD MEAL.

4 ... Salad, 6 to 8 oz.

41 ... Bread ... 5 6 7 7 8

22 ... Cake ... 2 2 3 4 4

For active life add : First meal, 1 cup hot Milk.

Second meal, Cheese ... ¼ ¼ ½ ¾ ¾

CELERY ON TOAST.—Take nice celery, cut into small pieces, cook in sufficient water, so that scarcely any remains when it is tender, then cover with cream or new milk. Add seasoning, heat up, and pour over toast.

TOMATO RICE.—Plain boil the rice, add a teacupful plain boiled tomatoes, mix together, return to pan, heat, and serve with the cheese grated.

GINGER PUDDING.—Take three ounces bread crumbs, an ounce of treacle warmed and melted, one ounce of butter, creamed, quarter teaspoonful ground ginger ; mix with milk, and steam one and a half to two hours.

DIETARY No. 7.

Grains
Proteid
per oz.

FIRST MEAL.

8st. 9st. 10st. 11st. 12st.
02S. 02S. 02S. 02S. 02S.

Elderley.

Same as 8st.

adding

1 oz. bread.

4 ... Salad of Cresses, 6 oz.

 $\frac{1}{2}$ Cup Milk (65 grains).

41 ... Bread ... 4 5 6 7 8

SECOND MEAL.

5 ... Cauliflower, steamed (6 oz.), with

120 ... Cheese (sauce) ... 1 1 1 1 $1\frac{1}{4}$

9 ... Potatoes ... 4 5 6 7 8

Barley and Apple Pudding.

36 ... Barley, pearly ... 1 2 2 2 2

1 Cup Milk (130 grains).

THIRD MEAL.

41 ... Bread ... 4 5 6 8 8

4 ... Salad, Celery, 6 oz.

100 ... Cheese Biscuits... 2 2 $2\frac{1}{2}$ $2\frac{1}{2}$ 3

For active life add :

First meal, Bread ... 1 1 1 1 1

Second meal, Cheese... $\frac{3}{4}$ $\frac{3}{4}$ 1 1 1

Third meal, Bread ... 1 1 1 1 1

CHEESE SAUCE.—See *Dietary, No. 1, page 36.*

BARLEY AND APPLE PUDDING.—Wash the barley. Soak overnight, cook in a saucepan two hours, pour into a buttered pie-dish, add one or two sliced apples, sugar to taste, and grated lemon rind. Bake an hour.

CELERY SALAD.—Cut the tender parts of celery into small shreds. Rub the salad bowl with shalot ; put in the celery, garnish with steamed cold potato sliced, serve with a dressing.

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under the direction of Mr. Albert Broadbent

Prospectus from the Warden
Mrs. Setta Axon ♦ ♦ ♦ ♦ ♦

DIETARY No. 8.

FIRST MEAL.

Grains Proteid per oz.						8st. 9st. 10st. 11st. 12st. ozs. ozs. ozs. ozs. ozs.					Elderly. Same as 8st., adding 1 oz. bread.
	$\frac{1}{2}$ Cup Milk (65 grains).										
4 I ...	Bread ...	...	...	...	5	6	6	7	9		
	Tomato on Toast										

SECOND MEAL.

Walnut Roast.

4 I ...	Bread Crumbs ...	2	2	3	3	3				
8 I ...	Walnuts ...	...	...	1	1	$1\frac{1}{2}$	$1\frac{1}{2}$	$1\frac{1}{2}$	$1\frac{1}{2}$	
9 ...	Potatoes ...	...	...	5	6	6	7	8		

Fig Pudding.

4 I ...	Bread crumbs ...	3	3	3	3	3				
18 ...	Figs ...	...	...	2	2	2	2	2		

1 Cup Milk (130 grains).

THIRD MEAL.

4 ... Salad, Cabbage, 6 oz.

4 I ...	Bread and Butter	5	5	7	8	9				
---------	------------------	---	---	---	---	---	--	--	--	--

 $\frac{1}{2}$ Cup Hot Milk (65 grains).

22 ...	Cake ...	...	...	2	2	2	2	2		
--------	----------	-----	-----	---	---	---	---	---	--	--

For active life add :

First meal, Bread	...	...	1	1	1	1	1			
Third meal, Cheese	...	...	$0\frac{3}{4}$	$0\frac{3}{4}$	1	$1\frac{1}{4}$	$1\frac{1}{4}$			

TOMATOES ON TOAST.—Take two tomatoes, size as desired, dip in boiling water, peel them. Then place in an earthenware dish, with salt and pepper, and stew or bake until soft. Serve on plain dry toast.

WALNUT ROAST.—Grate the nuts, add bread crumbs ; add seasoning and a little fried onion if desired, also a spoonful of lemon juice. Mix with enough milk to make a stiff paste and bake in a buttered dish.

FIG PUDDING.—Mince the figs ; add the bread crumbs, three-quarters of an ounce sugar, and an ounce of butter, creamed ; mix with milk ; steam one and a half to two hours.

CABBAGE SALAD.—Shred *finely* the tender part of a white cabbage, place in a salad bowl with sliced tomato, and steamed potato sliced. Serve with a dressing.

NOTE.—Any salad available may be used in place of that named.

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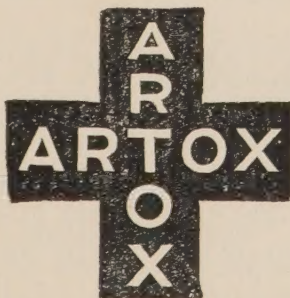
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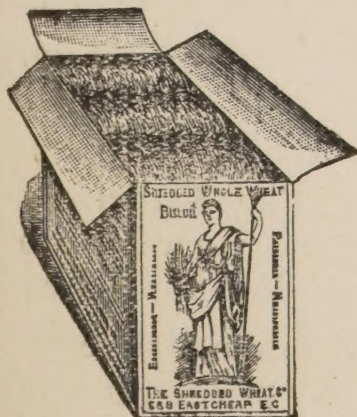
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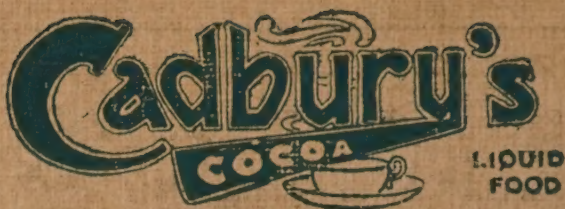
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